

This I Believe...Laughter is the Best Medicine!

“THE MOST WASTED OF ALL DAYS IS ONE WITHOUT LAUGHTER.” –E.E. CUMMINGS (1894-1962).

Really, how can anyone *not* laugh? I laugh practically all the time.

To me, laughter is a medicine to cure any discomfort. Whenever I laugh, a genuine sense of happiness washes over me and relieves all pain in my mind. I feel extra rejuvenated after a session of laughter, and immediately forget all worries. Recently, the online slang, “Laugh Out Loud”, or “LOL”, is used to express laughter, and I use it all the time. Laughter is a powerful medicine, it not only cures yourself, it can cure others around you too.

I remember when I was in primary school, my class had to perform a dance onstage during a Chinese New Year celebration. When it ended, I remember feeling so overwhelmed by happiness that I blanked out and forgot everything else. As everyone shuffled backstage, I remained on the stage, grinning idiotically as the audience clapped and hooted. Relishing the attention and fighting back tears of joy, I was totally unprepared by what happened next:

The stage curtain landed *right smack* on my head. It was heavy and prickly. All I could see then was the red, scratchy fabric. I pushed the curtain off my head and stepped out of the mess, but it was too late. The whole world caught it. The entire hall was so silent I could hear a pin drop. I stared back at the audience; my feet rooted to the stage, my face turning a darker shade of pink by the second, hoping people would think it was the blush makeup we performers had to apply. Not knowing what to do, I started to...laugh sheepishly and that was when the audience erupted with laughter too. They seemed to be laughing *with* me, not *at* me.

There were many other personal experiences with laughter that taught me not to be so hard on myself—when I fell back on my chair, or accidentally spat out a mouthful of water onto the classmate in front of me because I was thinking about something funny while drinking my water.

Sometimes, as a teenager, I feel conscious about myself, like everything I do is captured by CCTV. I am afraid people may think I'm weird. However, something that I cannot control is my unique laughter. When I laugh, it is truly when I feel *myself*, like, I am Cheryl. I don't have to fake my laughter because it comes out naturally when I feel tickled. Throughout my 14 years of life, I've laughed through embarrassing moments, shook them off.

Laughter is free and readily available. I believe the power of laughter will cure any sickness. It can also influence. Now these notorious memories are etched into my mind, as *funny* moments and not embarrassing ones. So, I shall continue to make the most out of my life; laugh it out (LOL!).

This I believe, laughter is the best medicine.